

# YOGA

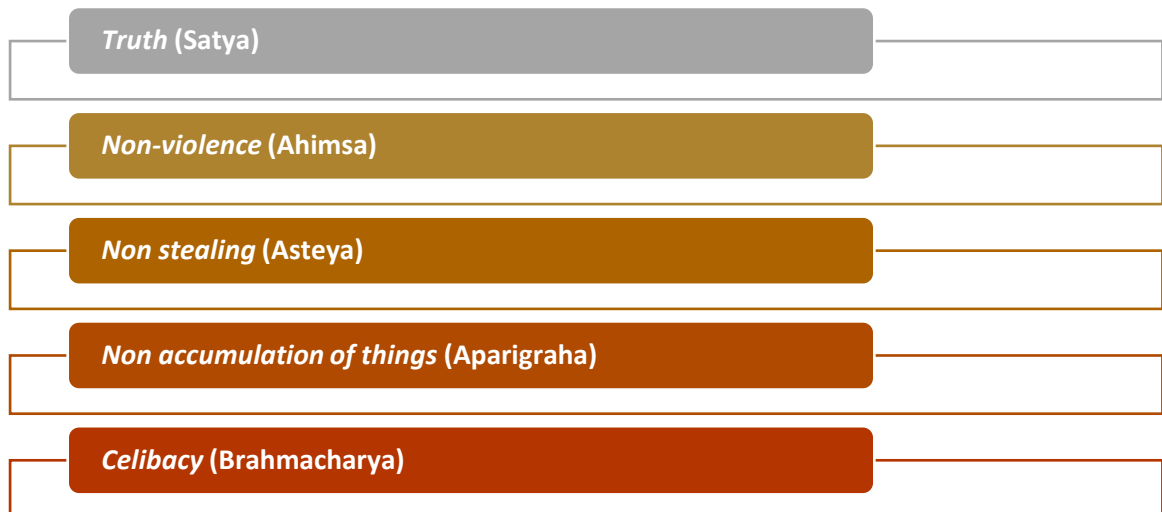
**Rishi Patanjali** is regarded as the *founder of Yoga*. Yoga is essentially a practical discipline aimed at the realization of the Self. Although it is included among the orthodox (āstika) schools of Indian philosophy, Yoga does not place excessive emphasis on God; however, it does accept belief in a supreme Cosmic Being. The Yoga system is structured around the Eightfold Path, popularly known as the *Aṣṭāṅga Mārga*.

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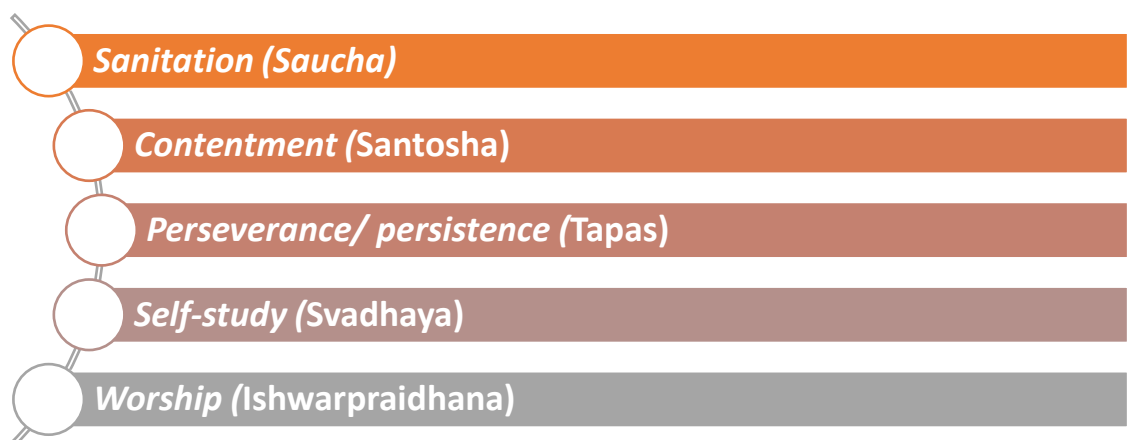
## *The Eight-Fold Path of Yoga / Ashtang Yoga*

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### 1. **Yama (abstention)-**



### 2. **Niyama (self-culture) –**



### 3. **Asana** (Body postures),

### 4. **Pranayama** (control of breath),

5. **Pratyahara** (control of senses),
6. **Dharana** (fixation of mind),
7. **Dhyana** (deep meditation) and
8. **Samadhi** implies when mind is completely immersed in meditation. It is of two types  
Conscious/ Ekagara and Supra-conscious/Nirudha.)

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## *Epistemology*

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According to Rishi Patanjali's theory, *only three Pramanas/ independent source of valid knowledge/ are accepted*. They are **Pratyaksha**/ perception, **Anumana**/ inference and **Shabda**/verbal testimony.

The Other 3 forms of Pramana like Upamana/ Comparision, Arthapatti/ Postulation/Cause-effect relation and Anupalabdhi/ absence are believed to be a part of the above 3 Pramanas.

Pratyaksha (*Perception*)  
implies cognition of the  
objects through senses

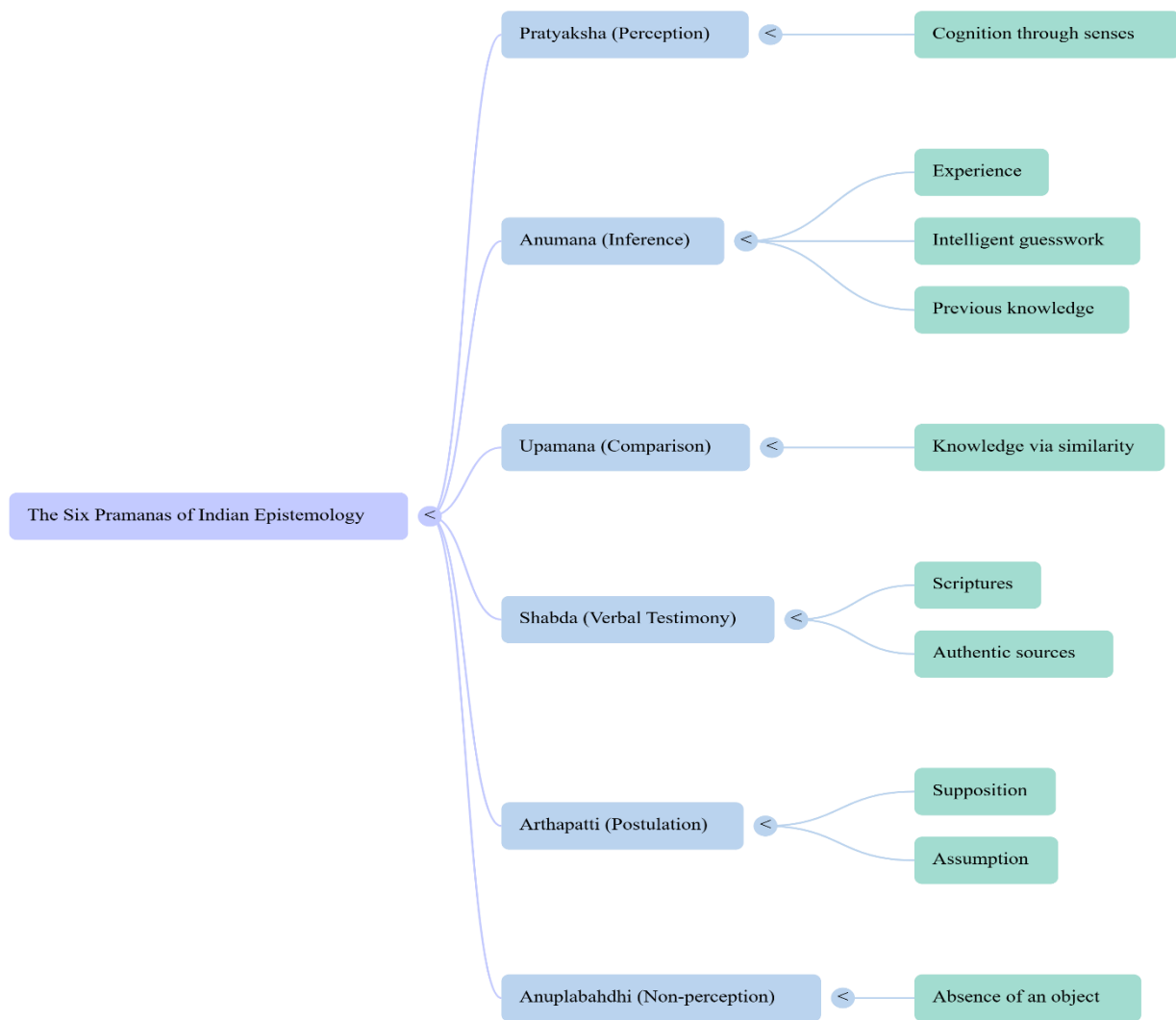
Anumana (*Inference*) implies  
Knowledge gained through  
experience and intelligent  
guesswork based upon  
previous knowledge

Upamana implies knowledge  
gained through *comparision*

Shabda implies Knowledge  
gained through *verbal  
testimony*/ scriptures/  
authentic sources

Arthapatti (*Postulation*)  
implies knowledge gained  
through supposition/a  
ssumption

Anupalabdhi implies  
knowledge gained through  
the *absence of an object*



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## YOGA AND EDUCATION

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### 1. Aims of Education

- *Yoga aims at the comprehensive development of the human personality.*
- *It promotes physical, mental, intellectual, logical, and spiritual growth, along with the development of a scientific temperament.*
- *It helps in strengthening the power of concentration.*
- *The ultimate goal of Yoga is self-education and the enhancement of general awareness.*
- *It strengthens willpower, self-discipline, and perseverance.*

## 2. Curriculum

Subjects such as *Literature, Language, practice of yoga, Ayurveda/medicine, science, psychology, physiology* and *social sciences* must be included.

The curriculum must include *psycho-physical and social training* of a student.

## 3. Methods of Teaching



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## 4. Role of Teacher and Student

- A teacher should not be only a *theoretician* but also a *skilled demonstrator*.
- The teacher must act as an *ideal role model* for students.
- He or she should possess sound knowledge and guide students through effective demonstration.
- From the Yogic perspective, *students* are expected to maintain self-discipline.
- Students should be eager to learn and follow the Guru with obedience and respect.

## 5. Discipline and School

- Considered Education and Discipline to be identical
- Disciplining the body and mind is the core of educational process.
- Discipline (Mental, Physical, intellectual and spiritual) is the means through which Yoga aims/processes.